



Crispy-Skin King Salmon with Roasted Asparagus, Fingerling Potatoes, and Hollandaise Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch asparagus trimmed
- 2 large sheets baking mix
- 1 cup ghee
- 3 large egg yolk
- 1 pound fingerling potatoes
- 2 teaspoons tarragon fresh finely chopped

- 4 juice of lemon
- 4 servings pepper black freshly ground
- 1 tablespoon olive oil
- 24 ounce salmon fillet
- 1 cup citrus champagne vinegar
- 2 teaspoons peppercorns whole

Equipment

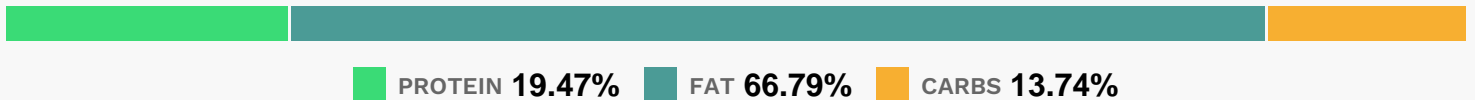
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- sieve

Directions

- Preheat the oven to 400°F.
- On a large baking sheet, toss together the potatoes, oil, salt, and pepper. Roast in the oven until tender.
- Remove from the oven and let cool. Once the potatoes are cool enough to handle, cut them into thin slices.
- On a large baking sheet, toss together the asparagus, oil, salt, and pepper. Squeeze the lemon juice over the asparagus then roast in the oven until tender, about 5 minutes. Leave the oven on.
- In a small saucepan over moderate heat, combine the vinegar, tarragon, and peppercorns and bring to a simmer. Continue simmering until reduced to about 1 tablespoon. Strain the vinegar through a fine-mesh sieve.
- Set a metal bowl over a medium saucepan of gently simmering water (do not allow the bottom of the bowl to touch the water).

- Add the egg yolks and vinegar reduction and cook, whisking constantly so the eggs don't scramble, until the yolks are fluffy and light in color.
- Add the clarified butter in a slow steady stream, whisking constantly.
- Remove the hollandaise sauce from the heat and cover to keep warm.
- Season both sides of the salmon fillets with salt and pepper.
- In a large sauté pan over moderate heat, warm the olive oil until hot but not smoking.
- Add the salmon, skin side down, and sear until golden brown. Flip the salmon over, sear for about 10 seconds, then immediately flip the salmon over again so that the skin is facing down.
- Transfer the salmon to the oven to finish cooking for about 5 minutes. Squeeze the lemon juice over the salmon.
- Place a salmon fillet in the center of each of 4 plates. Arrange the potatoes and asparagus beside the salmon and drizzle the asparagus with the hollandaise.
- From Master
- Chef, (C) © 2013 FOX

Nutrition Facts



Properties

Glycemic Index:62.44, Glycemic Load:15.73, Inflammation Score:-8, Nutrition Score:42.548261186351%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16.63mg, Quercetin: 16.63mg, Quercetin: 16.63mg, Quercetin: 16.63mg

Nutrients (% of daily need)

Calories: 846.36kcal (42.32%), Fat: 62.96g (96.87%), Saturated Fat: 31.38g (196.13%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 23.54g (8.56%), Sugar: 3.9g (4.33%), Cholesterol: 346.46mg (115.49%), Sodium: 103.53mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.3g (82.6%), Selenium: 72.38µg (103.4%), Vitamin B6: 1.92mg (95.89%), Vitamin B12: 5.66µg (94.33%), Vitamin B3: 15.83mg (79.17%), Vitamin B2: 0.93mg (54.87%), Phosphorus: 529.93mg (52.99%), Vitamin K: 54.95µg (52.33%), Vitamin C: 41.05mg (49.76%), Potassium:

1667.85mg (47.65%), Vitamin B1: 0.67mg (44.9%), Copper: 0.82mg (40.95%), Manganese: 0.79mg (39.56%),
Vitamin B5: 3.93mg (39.31%), Folate: 147.54µg (36.88%), Iron: 5.87mg (32.63%), Magnesium: 103.52mg (25.88%),
Vitamin A: 1161.06IU (23.22%), Fiber: 5.61g (22.45%), Zinc: 2.42mg (16.14%), Vitamin E: 2.19mg (14.57%), Calcium:
105.36mg (10.54%), Vitamin D: 0.69µg (4.59%)